



# WELLNESS WORKS

## *in Howard County*

### Attend a Wellness Screening!

The Wellness Works program is offering free **Wellness Screenings** starting February 26th. These screenings will help you know your important health care numbers, such as blood pressure and cholesterol.

After you receive your numbers, you can enter them in your Health Risk Assessment (HRA) to ensure the most accurate results. An HRA is an online tool to help you take charge of your health. **After completing your HRA, you'll receive a \$50 gift card!**

### Screening Dates & Locations

**Registration is now open for the initial locations.** More sites will be announced soon. Choose a convenient date and location. To register, follow the steps in the box to the right. Appointments are available between 8 a.m. and 10 a.m. at each location. **Screenings only take about 10 minutes.**

SCREENING DATES	LOCATION	LAST DAY TO REGISTER
Thursday, Feb. 26	Ascend One Ellicott/Tyson Rooms	Friday, Feb. 6
Friday, Feb. 27	Ascend One	Friday, Feb. 6
Wednesday, March 4	Ascend One	Wednesday, Feb. 11
Friday, March 6	Ascend One	Friday, Feb. 13
Tuesday, March 24	Dorsey - Conf Rm A	Tuesday, March 3
Thursday, March 26	Dorsey - Conf Rm A	Thursday, March 5
Tuesday, March 31	Gateway - Room 303	Tuesday, March 10
Wednesday, April 1	Dorsey - Conf Rm A	Wednesday, March 11
Thursday, April 2	Gateway - Room 303	Thursday, March 12

### How The Screenings Work

Professionals from Quest Diagnostics will:

- Take blood pressure, weight, and height.
- Do a blood draw to measure cholesterol, blood glucose, and triglycerides.

Men ages 50 or older can request a PSA (prostate-specific antigen) screening – no extra blood work needed.

To ensure accurate results, **be sure to fast at least 9 hours** before your screening time (except water and regular medications), unless otherwise advised by your doctor.



JANUARY 2009, VOL. 2

### How to Register

#### It's Easy to Register!

Registration is now open. Check with your supervisor before you register. There are two ways to register.

#### 1. Register Online:

- ▶ Visit [www.blueprintforwellness.com](http://www.blueprintforwellness.com)
- ▶ Click "Register" under the heading "For Participants" (on the left side of the screen).
- ▶ Enter "Howardcounty" under "Registration Key."

#### 2. Register by Phone:

- ▶ Call 1-866-908-9440
- ▶ Representatives are available from:
  - 8:00 a.m. - 9:30 p.m. Monday - Friday
  - 8:30 a.m. - 5:00 p.m. Saturday

See page 2 for **Who May Participate.**

#### Your Thoughts Count

If you have suggestions or questions about the Wellness Works program, contact your department's wellness representative, or send an email to:

[wellnessworks@howardcountymd.gov](mailto:wellnessworks@howardcountymd.gov)

# About Wellness Screenings

Free gift for  
screening participants

## Your Results

Within two weeks of your screening, you'll receive a confidential report of your results by mail. Your personal report and data will **not** be shared with the County – only a summary of the results (representing the total group) will be shared.

You can then enter your results into your Health Risk Assessment. Instructions for completing your HRA are provided in a separate newsletter.

**Note:** If you've had a recent physical/lab work, enter those results into your HRA. If you don't know your numbers, we encourage you to attend a wellness screening.

## Why You Should Participate

It's time to "know your numbers" and take charge of your health! In addition to blood pressure, weight, and height, screenings will measure:

- **Cholesterol** is an important part of a healthy body because it produces cell membranes and some hormones. But too much cholesterol in the blood is a major risk for coronary heart disease and for stroke. [www.americanheart.org](http://www.americanheart.org)
- **Blood glucose** tests measure the amount of a type of sugar, called glucose, in your blood. Glucose, which comes from carbohydrate foods, is the main source of energy used by the body. However, blood glucose levels that remain high over time can damage your eyes, kidneys, nerves, and blood vessels. [www.blueprintforwellness.com](http://www.blueprintforwellness.com)
- **Triglycerides** are the chemical form in which most fat exists in food and in the body. Excess triglycerides in plasma is linked to coronary artery disease in some people and may be a consequence of other disease, such as untreated diabetes. [www.americanheart.org](http://www.americanheart.org)

**Know your numbers: It's your personal key to an accurate Health Risk Assessment! Remember, after you complete your HRA, you'll receive a \$50 gift card.**

## Blueprint for Wellness Participant Quote

"I never knew that my sugar was high. I thought for sure the test results were wrong. I followed up with my physician, and he verified that the testing was accurate. Without this knowledge, I could have ended up on insulin — thank goodness that I found out early to do something about it."



## Who May Participate?

If you're eligible for employee health care benefits – even if you declined health coverage because you enrolled in another plan – you may participate in a wellness screening, complete an HRA, and receive your \$50 gift card.\* Employees of the following agencies may participate:

- Howard County Government
- Howard County Library
- Health Department
- Department of Social Services
- Circuit Court
- District Court
- Economic Development Authority
- Mental Health Authority

- Board of Elections
- State's Attorney
- Sheriff's Office
- Soil Conservation Services

*\* Gift cards, which are considered taxable income, will be sent to you after you complete your Health Risk Assessment.*

## Did you Know...

Within one year of quitting smoking, excess risk of coronary heart disease is decreased to half that of a smoker ([www.lungusa.org](http://www.lungusa.org)). Howard County's Health Department offers individual cessation counseling by appointment. For details, call 410-313-6265 or visit [www.hchealth.org](http://www.hchealth.org).